

DAILY MAGAZINE PAGES FOR EVERYBODY

Truths By Women Who Know Giving Temporary Relief to the Unfortunate Municipal Lodging House

Every city needs a place where men and women can be given a temporary relief, food, and shelter. Washington possesses such a place, but it is inadequate to meet the demands made upon it. The Municipal Lodging House Committee of the Monday Evening Club of which Miss Aline Solomons is chairman, has organized a persistent campaign to secure a new lodging house, accommodating 200 men, women, and boys.

In addition to her efficient work in the Monday Evening Club, Miss Solomons is active in many prominent organizations, including the Art Students' League, the Washington Society of Artists, the American Federation of Arts, and the Garfield Hospital Board.

By MISS ALINE S. SOLOMONS.

The District of Columbia stands greatly in need of a new, adequate Municipal Lodging House.

To the mass of people generally, this would scarcely occur, for in their good fortune, they have never been compelled to seek the board and shelter of the refuge, to gain a place whereon to lay a tired head or a bite to check the real ravages of a real hunger.

The present Municipal Lodging House is utterly inadequate to meet the demands made upon it. Upon the principle that anything is good enough for the indigent, men may be crowded in upon the floors—as they have been in the past—but here in the heart of the nation, almost under the shadow of the Capitol dome, it is a poor commentary upon the city which should serve as a model to the rest of the country, that such public work as this must be performed with such insufficient plant.

Founding of Institution.

The story of the present lodging house is soon told. On one distressing day, over twenty years ago, my sister and I encountered a forlorn man on one of the city's streets. He seemed utterly hopeless and penniless, hungry, tired, and bowed under the pressure of fate. My father, the late A. S. Solomons, being appealed to, extended relief to the man, and then, seeing it in a larger aspect, recognized the necessity of some place where men could be lodged over the sharp physical need of a moment. He founded a shelter which became known as the Night Lodging House, then located on Louisiana avenue, between Ninth and Tenth streets.

An association was formed and the present house was purchased and equipped, being supported entirely by labor could be capitalized from the transient inmates.

In the course of time, small appropriations were obtained from Congress, which were increased now and then, aiding materially in the support of the institution.

Able Bodied Earn Lodging.

After a certain time the Government took over the maintenance of the lodging house, the house itself being loaned to the Government by the association, which was composed of many prominent men. Upon the death of Mr. Solomons, the building was presented to the Government by the association, and three years ago the Night Lodging House

Association was dissolved, its work being accomplished.

Any stranger man is accepted as a lodger. The able-bodied are required to work for their entertainment, being called upon to split and saw wood, which is used in the various Government buildings about the city. A man is allowed three days in which to remain at the house; after that, he must look out for himself. This proviso is for the purpose of requiring these men to be diligent in their efforts to secure work.

Under the Board of Charities, the effort is made to obtain employment for or to send to their homes those who are unable to work. The able-bodied are not sent home, and are expected to find work for themselves by their own efforts.

Larger Building Needed.

The Municipal Lodging House is under the direction of the superintendent, A. H. Tyson, and has accommodations for fifty men. More have been cared for under stress of weather conditions and on special occasions. Men have slept on the floors and benches at times, on account of lack of accommodations.

The Municipal lodging house committee of the Monday Evening Club endeavored to impress their views upon Congress with a view of obtaining a suitable appropriation for a new structure without success, but the committee plans to organize next fall a persistent campaign to secure a new plant commensurate with the great work which it is doing, and has done so quietly and efficiently for so many years. One of a number of visiting Senators said that the strongest argument in favor of a new lodging house was the present one. The committee thinks that the new building should accommodate 200 men, women and boys, segregated. Among other things there should be a large waiting room, a dining room where the maximum number of guests could be served, a laundry, and a modern sterilizer to free the clothing from vermin and disease germs. Now the clothing is fumigated daily with sulphur, which is a crude method. A new wood yard with modern appliances is very necessary, where the inmates could saw and split wood for all District and Federal institutions, about 1,500 cords annually, making the lodging house partially self-supporting. Under the present condition wood cutting is done in a yard twelve by fifteen feet. Besides adding these improvements materially, many are given a new start spiritually. Many a man discouraged or dispirited has been made to see by Mr. Tyson that there is a great deal of good in life, and with renewed hope and a better view of things, has started life anew with good results.

The Last Flag of Civilization



By MABEL BOARDMAN,
Of the American National Red Cross.

From out of the lot of broken vows and promises which is all that is left from the Hague peace conferences, there is one treaty which has been left inviolate, the international agreement to uphold and respect the Red Cross flag.

It is the last symbol of civilization, without it the world would have indeed gone back to savagery. Every nation which has a red cross society, is bound to observe this first law—Officers, soldiers, and other persons officially attached to armies, who are sick or wounded, shall be respected and cared for without any distinction of nationality by the belligerent, in whose power they are.

This means that, without reference to creed, nationality, race, or past performances, one country is responsible for the dead and wounded of the defeated forces. Before the smoke of battle has died

away, the Red Cross nurses and surgeons take possession of the field, and the cause of the slaughter, all hatred, malice, and desire to kill, are wiped away. There is but one thought, one object in view—to care for the sick, wounded, and dead.

Eight countries have appealed to the United States for aid, and as soon as a suitable vessel can be purchased, surgeons, nurses and hospital equipment will be sent over to Europe.

Where distrust reigns supreme, where murder and devastation walk hand in hand, there is one flag inviolate. Though an offspring of Christianity and humanity, it knows no separate creed. Friend, foe, heathen and Christian alike can grasp the meaning and appreciate the offices of the Red Cross. It is the only forward step in the march of civilization, which war cannot erase.

Hints for the Housewife

By ANNA MARIE LLOYD.

The more water used in boiling cabbage, greens, etc., the less objectionable will be the smell given out by them. A piece of bread, tied in muslin and boiled with the cabbage, also mingles the smell. It should, however, be removed after fifteen minutes' boiling and burned.

If a room becomes filled with smoke, a towel dipped in vinegar and hot water and wrung out, then taken and thrown

above one's head through the room, will remove all smoke in a few moments. A small portion of vinegar in a little water is sufficient for the purpose.

Soda should be thoroughly dissolved in the washing water before the clothes are put in. Never allow it to lie about on the clothes, as this sometimes causes iron mold. Soda should never be added to water in which woolen things are being washed, as it causes them to shrink. I ever was.

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Sure Indications of Lung Trouble

Continued coughs, fevers and night sweats are among the symptoms of serious lung trouble. Eckman's Alternative is most beneficial in "irritative" relief, in many cases, complete recoveries. Read this:

"Gentlemen—I had a terrible cough, night sweats and pleurisy in my lungs. A man who heard me coughing advised me to take your Alternative. I held no attention to him then. I got so bad the doctor said I should go to Wyoming. I steadily grew worse. Then I remembered what had been told me about your medicine. I began taking it. Appetite soon improved. Fever and night sweats stopped and for over a year I have been well and in better health than I ever was." (Abbreviated.) W. P. ROMAR, (Arkansas).

DANDRUFF—AN ENEMY TO BEAUTY

Pretty hair, more than perfect features, makes a woman attractive, but no one can have beautiful hair if the dandruff is not kept out. Dandruff is your hair's worst enemy, and the dust and dirt of the street help to clog the pores of your scalp, and stunt the growth of your hair.

To prevent this condition wash your hair thoroughly with Colby's Shampoo. A little of the powder dissolved in water makes a rich, creamy lather that takes away every bit of the dirt, dandruff and excess oil. It contains no free alkali, and rinses out easily, leaving your hair soft, lustrous, and easy to do up. After the shampoo, apply Parian Sage—a perfect tonic—and rub it into the scalp. Colby's Shampoo (used frequently), and Parian Sage, are all that you need to keep your scalp clean and your hair flowing freely, and entirely free from that sticky, stringy appearance of dandruff. Buy Colby's Shampoo and Parian Sage at any drug store, or write to the manufacturer, Philadelphia, Pa., for booklet of recoveries.—Adv.

DOCTOR ORDERS RESINOL FOR BAD RINGWORM

New York, March 9, 1914: "A rash formed on my forehead and commenced spreading. It was a ringworm. The itching and burning which I endured for four months before I commenced using Resinol Soap and Resinol Ointment were terrible. All my classmates kept away from me in fear that they would catch it. I used every home remedy I could think of, but with no success. My family doctor advised me to use Resinol Soap and Resinol Ointment. The moment I applied them I felt a cooling sensation which was lasting. The relief was quick. I used two jars of Resinol Ointment, and Resinol Soap, and was finally rid of the pest. Today there isn't a single mark to show where I had the disease." (Signed) M. G. BOSS, 23 Church St.

Resinol Ointment and Resinol Soap are also speedily effective for eczema, pimples, blackheads, dandruff, sores, and many forms of skin. Sold by all druggists. For trial free, write to Dept. 27-R, Resinol, Baltimore, Md.—Adv.

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Secrets of Health and Happiness

How Backbones Are Mended to Straighten Hunchbacks

By Dr. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins).

HUNCHBACK—or humpback, as it is more frequently called—occurs chiefly in childhood, but now and then adults are affected with it. The malady is more common in the city than in the country, where better hygienic conditions produce a more vigorous constitution. If not checked it will end in lifelong deformity.

But, like all deformities, hunchback is fast disappearing. For Dr. Russell A. Hibbs, of New York, has recently discovered a method of operating upon the sick bones concerned in this trouble.

This disease is merely the result of tuberculosis of the spine, and in medieval Europe it was a very common thing. During the eighteenth century Dr. Percival Pott, of London, who was one of the best-known physicians of that period, discovered this disease of the spine, which he called "vertebral caries," or decay of the backbone. The treatment ultimately prescribed was plenty of pure food, sunlight, fresh air and sleeping outdoors all of the time.

New Hibbs' Method.

But doctors of today realize that while nature has healed a few cases of tuberculosis of the spine in so doing she has deformed the children during the process of repair. It is easy to keep a sore spot of tuberculosis in the lungs very quiet and to keep the sufferer at the same time well nourished, but something else besides sunlight, fresh air and plentiful food is necessary to cure vertebral tuberculosis, or hunchback.

A Delicate Operation.

Some time ago a number of physicians adopted the plan of fixing the child firmly in a bed for from six to twelve months, or perhaps longer. The bed was so arranged that it could be moved into the sunlight and air. Plaster splints and other devices designed to hold the back perfectly still and immovable were also used to cure the hunchback. Again, carrying that method still further, the child was suspended from the rings of a trapeze or other apparatus, and while he thus swung the doctors just built a wall around him of starched bandages, or a special kind of surgical cement which is now used.

Until the newer discoveries were made this was the accepted method of curing the disease of the spine. But if Hibbs' method of operation is adopted there will no longer be any more medical treatment—it will be purely surgical. It is already evident that the Hibbs' method will have a thorough trial, for other surgeons repeated his operations, and there is much to be done in the way of ridding child life of the great deformity and the calamity that follows this dreadful disease.

The revolutionary plan of surgical interference was first successfully performed last year. It was an operation for stiffening the knee joint by wedging the kneecap into the diseased bone. Then it suddenly occurred to Dr. Hibbs that an operation might be perfectly justifiable if carried out in the same way on the spinal column. The knee operation is done by simply peeling off the crust—called the periosteum—from the kneecap, and using this to bridge the gap between the lower leg bone and the upper leg bone. Thus a continuous stream of bone is produced between the knee, above it and below it.

So the New York surgeon came to the conclusion that if the laminae and spines of the vertebrae can be peeled from their crusty covering of periosteum and the same spines and laminae be transposed in the intervening spaces, healing might take place quickly, forming fine, new, healthy bone, and the fusion between the healthy vertebrae above and below the feathered bone would form a bridge of a strong character.

A Delicate Operation.

Dr. Hibbs was very careful, after he had laid out his plans, to make his experiments on cats and other animals. Not until he was successful upon the vertebral columns of these animals did he attempt to carry out this new method of curing upon children with the worst cases of the dread ailment. The operation, as performed by Dr. Hibbs, is to cut through the skin, which has been disinfected, right into the sore spot. The fatty tissues and ligaments are then separated, and the periosteum of the laminae is peeled away from the tops of the vertebrae. These are partially broken and moved into fresh bones above and below them. The edges near the laminae are brought

Answers to Health Questions

B. S.—Will the electric needle remove great growth of hair on the face, which makes me have three times a week? If not, what will?

Yes, the electric needle will, or a shaving powder which is composed of barium sulphide and calcium sulphide. This must not be left on long enough to irritate the face.

J. F.—For past two years have had little black specks floating before eyes. Only see them when I move eyes or turn head.

Such things may be due to the nerves and muscles of the eyes. Cannot prescribe without seeing you. You had better go to an oculist and let him examine the nerves of your eyes. A neurologist should also be consulted.

H. S.: If you will describe very fully, what ails you without your adventures, it is likely that I can advise you.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not clearly defined, letters will be answered personally if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirshberg, care this office.

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Cream Puffs Or Steak

By MRS. CHRISTINE FREDERICK.

THE chances are that the waiter who is carrying a cup of chocolate and a plate of cream puffs is filling an order for a woman. If we see him balancing a porterhouse steak, or a "ham and," we can say with certainty that he is rushing them to a hungry male.

From a recent scientific investigation on the subject we learn, "that while men consume excessive amounts of protein (meat or its substitutes), observation and dietary study shows that the average girl and woman does not consume enough of protein and too much starch, fats and sugar."

Then a man goes to the pastry shop, fudges, and eats a fourth. The investigation continues to say that because of this fact "the vitality and resisting powers of women are lower than they should be," and ends with the statement that "men have more resisting power than women, and more energy and less sickness." So it almost seems as if sex differences are based on food preferences. And I learned from the same report that the more muscular and virile the woman the more similar her diet is to a man's. This agrees with the story of the best college athlete, who ate chocolate cream, but who eats round steak and plain vegetables with delight. Seriously speaking, we can corroborate the opinion of the learned board. I have noted with amusement (and with pity, the foppish fads or fads of young girls, business women and others, particularly at the noon lunch. Sweet foods such as "milk shakes," cream puffs and other members of the pastry tribe are eaten almost exclusively by women. Now all these sweet foodstuffs contain sugar and starch, both necessary, but which must be supplanted by enough protein and the minerals in the green foods of fruit or vegetable.

Whether it is that woman's resisting power is less because of the food she eats, or whether she has a taste for unwholesome foods because of bodily weakness, I cannot determine. Scientists have a tendency to warm the blood, and to produce lassitude and tendency to laziness, unless helped by exercise. Fats and starches clog the system and produce auto-intoxication (just as serious as any other auto-intoxication based on fondness for high-power cars instead of foods and are the cause of many intestinal ills. So it is really worth considering as to what proportion of kinds of food we eat, particularly if we belong to the busy "glamorous" working women who need a great amount of muscle

of protein food, if they are to continue to go strong. Happily, many of the smaller eating places, as well as the more expensive ones, are offering in meats and egg dishes at attractive prices. All the beans, lentils, eggs, nuts and fruits like figs and dates will give the necessary protein. Commercial flour and pastry products. Various forms of egg-nog and sandwiches, cheese, and "dairy" dishes, are sustaining and worth the price of a cream-puff six times over.

Do women want to be victims of headaches? Do they want to feel the weaker sex? Then let us cling greater resistance and vitality and less "nervous" come with a diet—plain protein foods, and less sweets.

(Copyright 1914—Mrs. Christine Frederick.)

Hits From Sharp Wits.

When his Salome Majesty adopted good intentions as a guiding motive, he selected something that he seems to have known would never run short.

When people always insist upon having their way in a pretty good sign that the soul hasn't been moved from their eyes.—Birmingham News.

Idea make their way in silence like the waters that loosen the rocks from the mountain.—Masson Telegraph.

And then again a fool sometimes makes money where a wise man goes broke.

A man should know his faults and leave others to discover his better qualities.—Albany Journal.

When one institutes a libel suit to better his character it is a pretty sure sign that his character needs a prop.—Knoxville Journal and Tribune.

Nadine Face Powder (In Green Boxes Only) Makes The Complexion Beautiful Producing that soft, velvety freshness so much admired. Money refunded if not entirely pleased. Nadine is pure and harmless and adheres until washed off. Blends out blemishes; prevents sunburn and return of discolorations. A million delighted users endorse the delicate tints, Flesh, Pink, Brunette, White. By Toilet Counters or Mail, 50c. National Toilet Company, Paris, Tenn.